



# IMPACT

*Encouraging personal growth for CRUDES Sailors and their families*

3325 Senn St, Suite 7, San Diego, CA 92136

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## Ways to love your spouse:

- Help them around the house
- Compliment them on their cooking or parenting skills
- Cuddle when watching TV
- Get a babysitter and go on a "date"
- LISTEN to each other

## Husband, LOVE your wife!! By Chaplain Kim, CDS 1

Several months ago, I was chatting with one Marine. I asked him, "What do you like best about your dad?" He pondered for a moment and said, "My mom and dad have been separated since I was little and I have always wanted to see if they could talk again. I was so surprised to see them, on my graduation day at boot camp, standing shoulder to shoulder, smiling at me. Oh God," his voice broke and he said, "The best thing I like about my dad is when he loves my mom."

My friends, how many of you are ready to return home and reunite with your family? I want to focus on husbands loving their wives. Why? Because a healthy marriage will produce the most successful return and reunion in every aspect.

Sometime ago, a West German magazine released the fascinating results of a study conducted by a life insurance company. The study found that husbands who kiss their wives every morning live an average of five years longer, are involved in fewer auto accidents, are sick 50% less and earn 20–30% more money. Husbands, love your wives! It's good for you!! It's also good for her and your children.

When fathers love their wives, their children receive great benefits, they feel safe and secure and they learn how to love and have a happy home. Loving your wife is the best thing you can do for your children.

I can almost hear some of you now... "But Chaplain, you don't know my wife or how my marriage is... It's hard to love her. The spark is gone and I'm not happy anymore. I don't *feel* like loving her anymore. We're struggling just to stay together." Let me tell you a story...

A man named John was unhappy with his marriage. He saw his wife as unattractive, not interesting, not fun to be with and he had no desire to live with her the rest of his life. She had become a sloppy housekeeper, overweight, a real "fashion emergency" and had mismanaged the finances. On top of that, she had developed a very weird personality.

Finally, John went to see a divorce attorney.

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## WELCOME HOME ?

When you left for deployment, most likely, you were into a pattern that worked for you and your family. Well now you're home and you find that everything has changed! Don't worry—**this is normal!** Adjustment is always a little uncomfortable at first but if you take the time to understand what normally happens after deployment, you can avoid some of the challenges.

First of all, it is important to understand that the "perfect" homecoming rarely is the perfect homecoming. You may have been planning a nice romantic evening for weeks and when that night comes, all your partner wants to do is sleep!! So then there is disappointment.

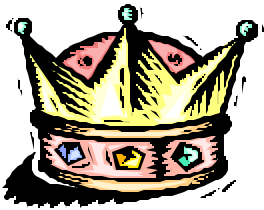
This leads to the next phase of adjustment when you will be re-negotiating your relationship. It is important to talk about your feelings, assumptions, expectations and roles.

Once you have communicated with your partner, new routines can be established and you can get back on track emotionally. Seeing a counselor or going to a workshop may help if you get stuck. Remember, lots of people have been through this and have been successful—you can too! Welcome home!



## Husband, LOVE your wife!! By Chaplain Kim, CDS 1 (con't)

*"When you treat your wife like royalty, you'll find you're married to a queen!"*



Not only did he want out of the marriage, he wanted advice on how to hurt her too. He wanted to make life miserable for his soon to be ex-wife. The attorney listened to him and offered this advice: "John, I have the perfect plan for you. When you get home this afternoon, I want you to begin treating your wife like a queen. I mean a QUEEN! Do everything in your power to serve her, please her and make her feel like royalty. Listen to her every thought with sincerity, give her a hand around the house, take her out for an unexpected candle light dinner and even pick up some flowers for her on your way home from work. Then, after about two or three months of this kind of treatment, BAM! Pack your bags and leave her. She'll never know what hit her! In fact, I can't think of anything that would hurt her more than that!" John thought about this for a few moments. "It sounds like a great plan. She would never expect anything like that from me."

John couldn't wait to get home to get started. He even picked up a dozen roses on his way

home. That night, he helped her with the dishes and the next morning, he brought her breakfast in bed. He began complimenting her on her clothes, cooking and housekeeping. They even went away together for the weekend.

After three weeks, John got a call from his lawyer. "John," he said, "I have the divorce papers ready to sign if you're ready. In a matter of minutes we can make you a happy bachelor again." "Oh no, no and no" John replied, "I can't do that. Why, I'm married to an absolute queen! You wouldn't believe the changes she has made. In fact, she has made a complete turnaround in her attitude and behavior. She is a real "hottie" now and I wouldn't divorce her in a million years!"

Friends, marriage isn't easy but it is well worth it. Remember, the only thing you can change is your attitude about it. When you love your wife, your home will be happy and secure.

## When the vow breaks...

So what do you do when "I do" turns into "I don't"? What a terrible feeling to know the person you stood by at one time, promising to love you in good times and bad, is now saying good bye. If reconciliation is not possible, what do you do?

The hardest thing to do is to accept the fact that you cannot change anyone. If your spouse is bound and determined to leave, there is nothing you can do about it.

Once you have accepted that, you can move on. (And I don't mean on to the next relationship.) Most professionals recommend waiting to start another relationship. Waiting allows you to deal with the issues that surround divorce.

Take time for yourself and be gentle with yourself. Take stock of your life and accept your responsibility for your part in the breakup. Each person involved has some responsibility in a divorce, whether it be an affair to just picking the wrong type of person.

There are some very good books on

dealing with divorce recovery. Check them out. A counselor or a divorce recovery group can be very helpful. CREDO and the Family Service Center offers workshops which can help too.

Recognize that, although you are going through this, you can change and become a better person. You can resolve to not make the same mistakes you may have made in your previous relationship. You can get through this if you learn from your past and don't allow this to keep you from growing. Like Gloria Gaynor sings, "You will survive"!



## Ask the Chaplain...



**Question:** During the last six months while I was deployed, I was looking forward to this reunion. Now we're talking divorce instead. What can I do?

**Answer:** Six months on a ship is easy compared to the daily challenges of life at home, especially if your spouse never learned to be independent. That experience alone will change a person. You both have grown "years" since the last time you were together.

What I am trying to tell you is that the spouse

you left behind is not the same spouse you see today. You have changed, as well, by seeing the world. When you reunite after a long period of time, you must RENEGOTIATE your relationship all over again. You must get used to the new things in each other and cherish the growth, don't resent it.

Concentrate on the love you once had and see if you still can love one another just the way you are. If you try to change each other, you are bound to fail! Remember that there are people who can help you if you want help.

## Grief from 9—5 (or 0730—1630)

By RP1 (SW) Kerry French with

Excerpts from The Compassionate Friends newsletter

If you have experienced a loss, you will find that grief does not take a vacation when you have to go back to work. When I experienced the greatest loss of my life, I was still expected to show up for work and do my job. As you can see from my rate, I work with the Chaplain and I deal with people in crisis all the time. How could I possibly deal with anyone or anything when I was drowning in my own grief??

No matter what your loss is, a divorce, a death, not making rate or whatever, it is significant to YOU. How can you be expected to do your job when your world is crumbling around you? I don't have the answers to everything but I do have some suggestions from a local support group that may help...

**Lesson #1.** We cannot hide or run away from our grief by becoming workaholics or putting on an armor of "busy" as a defense. That only delays grief.

**Lesson #2.** Most people do care but usually do not know what to say. It is up to us to educate them. We need to let people know what we need.

**Lesson #3.** Acting as if nothing has happened does not work.

**Lesson #4.** Since we have no control over our emotions and the circumstances, we must learn to accept and manage that change. We must realize what is going on. Anger, depression, lack of concentration and fatigue are very normal reactions to loss.

**Lesson #5.** We need to meet grief on its own terms and take control. It is our responsibility to talk with our supervisors to establish priorities and communicate exactly how we are doing and what we are feeling. It is helpful to occasionally sit down with our supervisors to review our projects and set goals in addition to possibly working out a schedule. (I took two weeks of leave to get my head together)

**Lesson #6.** The real paradox: only by allowing ourselves to feel the most intense and shattering pain can we move toward a life in which pain is not the center.

Whatever our loss is, we have to take baby steps to learn to live again. Many people have survived loss and find new meaning and purpose for their lives.



## Regional Support Organization

3325 Senn St, Suite 7, San Diego, CA 92136

### Not Supported is Defeated!

Do you have an article or question you would like to see addressed in the IMPACT? Please contact us at 556-0464.



## Lay Leader Training

0930-1130 General training

1300–1530 Protestant training

26 July 23 Aug 27 Sep

Denominationally specific training can be arranged by calling RSO at 556-0464.

## **CREDO Schedule for 2000**

Chaplain's Religious Enrichment Development  
Operation retreat schedule for Jul–Sep 2000:

Personal Growth retreats:	Jul 20-23
	Aug 10-13
	Sep 21-24

Please call 532-1437 for more information.

## Know your chaplains...

RSO	LCDR Warnke	556-0464
CDS 1	LT Kim	556-5369
CDS 7	LT Mortenson	545-3026
CDS 21	LT Holiman	DEPLOYED
CDS 23	LT Sholtes	517-2288
USS ANTIETAM	LT King	DEPLOYED
USS BUNKER HILL	LT Link	556-4102
USS COWPENS	LTJG Williams	556-4509
USS LAKE CHAMPLAIN	LT Bradshaw	DEPLOYED
USS PRINCETON	LT Williams	556-3904
USS SHILOH	LT Hall	RIMPAC

## Free Marriage Workshops

**PREP** (Prevention and Relationship Enhancement Program): is a 2 day workshop that focuses on improving communication in marriage, while also highlighting other aspects of a strong loving relationship. Couples spend the bulk of the workshop listening to presentations and practicing skills with each other. You must be married or engaged to attend and both partners must attend. The workshop is scheduled for 20-21 July 00 from **0800-1600**.

**The MPW: marriage preparation workshop** designed for engaged or newly married couples will be held Aug 5, 12 & 19. This workshop is held from **0900-1130** and deals with many issues such as expectations, goals, married life in the Navy, sexuality and spirituality.

If you are interested in attending any of these workshops, please call 556-0464 to register.

